

## ABSTRACT

The antioxidation food product of the present invention is a fermented product produced by adding a manganese-containing natural material such as tea and fermenting with bacteria having a catalase activity (e.g. Lactobacillus plantarum). The antioxidation food product has an antioxidation action in the living body including the interior of a digestive tract by expressing a superoxide dismutase-like activity and a catalase activity, simultaneously, and is effective for preventing diseases caused by active oxygen.